

North Cascades National Park

Lake Chelan National Recreation Area

Ross Lake National Recreation Area

National Park Service
U.S. Department of the Interior



BLACK BEAR

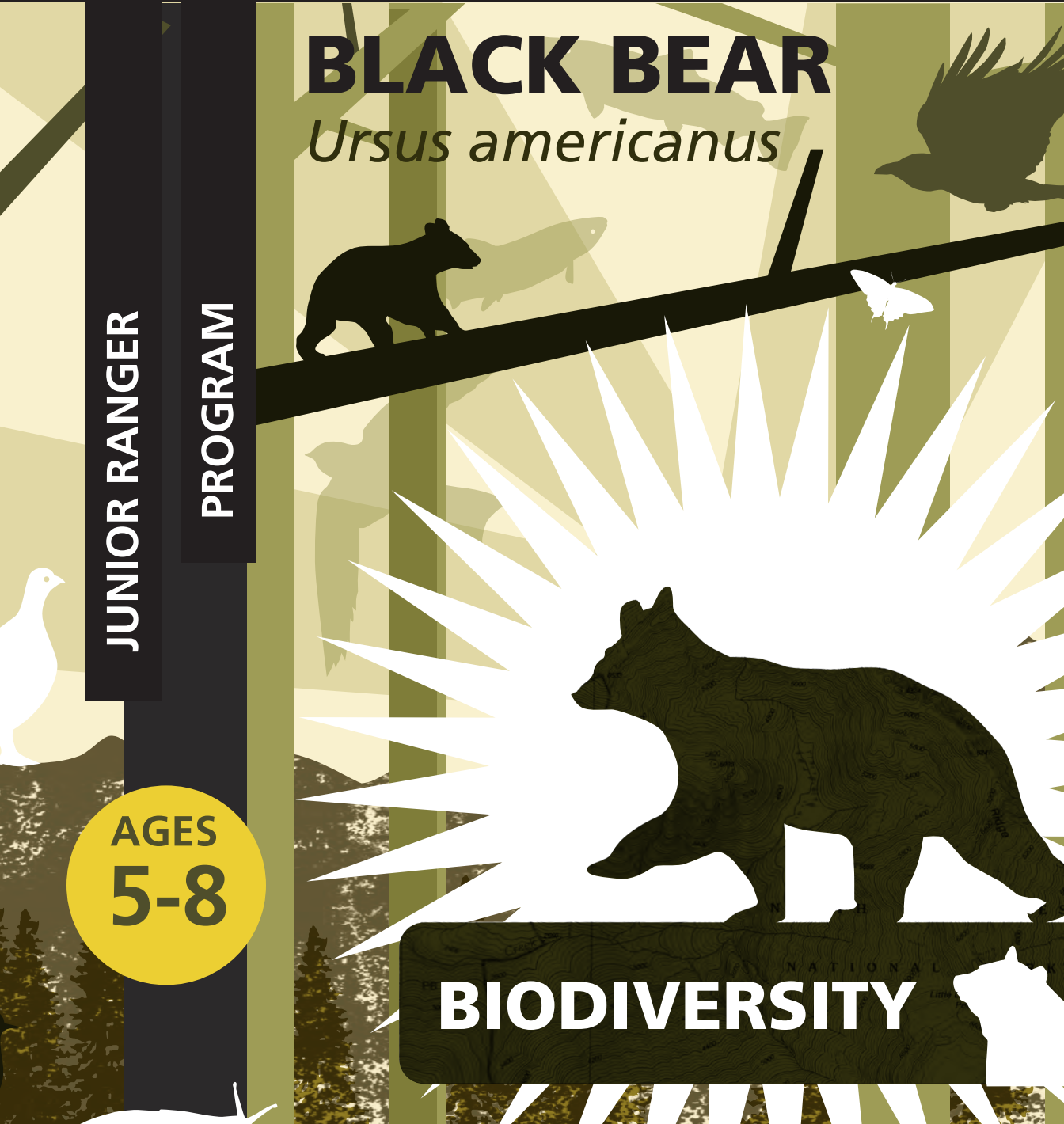
Ursus americanus

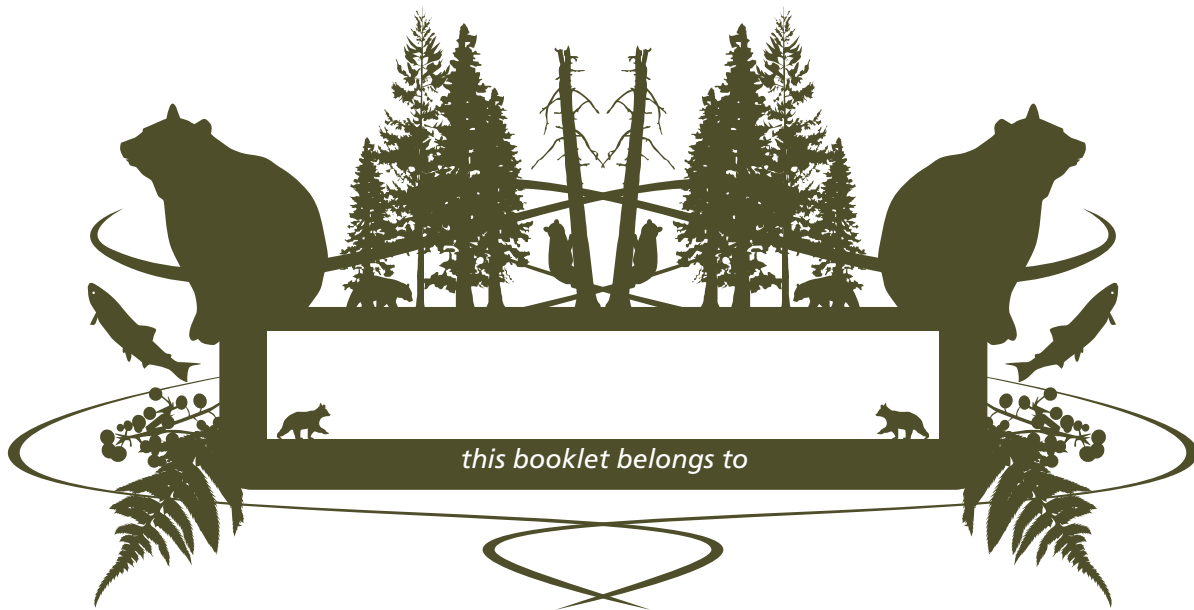
JUNIOR RANGER

PROGRAM

AGES
5-8

BIODIVERSITY

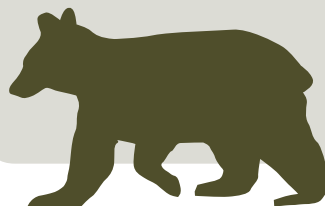




this booklet's theme:

BIODIVERSITY

The word "**bio**" means things that are alive. The word "**diversity**" means things that are different. North Cascades National Park is home to many different kinds of plants and animals, so we say it has a lot of **biodiversity**. On your journey to becoming a Junior Ranger, you will learn all about the special plants and animals that are found here!



Junior Ranger Totem

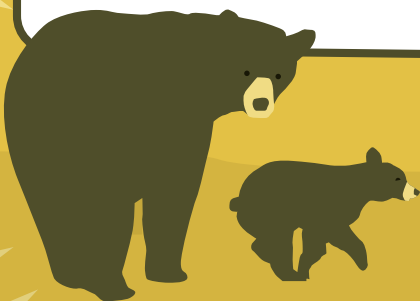
Hi!

I am a Black Bear. I spend the first year and a half of my life close to my mother's side. If my mom senses danger, she sends me scrambling up a tree to safety.

I sleep through the winter months. When I wake up I am very hungry! I spend most of the spring, summer and fall eating all of the insects, flowers, leaves, fish, and berries that I can find. My shaggy coat keeps me warm and can be black, cinnamon, or many shades of brown.

It is important to respect wildlife. In fact, when people leave food or garbage around their campsite, I can get into trouble. If you see me, take a quick look and then continue slowly on your way.

Go outside and look for my tracks in muddy or sandy areas near water.



Black Bear
Ursus americanus

What is a totem?

A totem is an animal, plant, or natural object that is meaningful to people living in the area where it can be found.

Choose your own totem!

It can be real or imaginary!

How are YOU like a black bear?



HOW TO BECOME A JUNIOR RANGER



There are two different types of activities within this booklet. Some are specific to a region in the park complex while others you can do wherever you are visiting! To receive an official North Cascades Junior Ranger patch, badge and certificate, *please complete at least **1 LOCATION-SPECIFIC ACTIVITY** and **5 GENERAL ACTIVITIES**.* *

CHOOSE 1

HOZOMEEN and
ROSS LAKE ☐

NEWHALEM and
HIGHWAY 20 ☐

STEHEKIN and
LAKE CHELAN ☐

ONLY HERE FOR A SHORT VISIT?

If you do not have enough time to finish all the activities in your Junior Ranger booklet, please come back with your friends and family and try all our activities!

We also have 3 other Junior Ranger booklets, each with their own theme and totem animal.

CHOOSE 5

Learn about the North Cascades **1** ☐

Are YOU a Track Star? **2** ☐

A Legend from the North Cascades **3** ☐

Nature Detective Bingo **4** ☐

Junior Ranger Matching **5** ☐

Sounds of the North Cascades **6** ☐

Who am I? **7** ☐

Junior Ranger Wordsearch **8** ☐

Who's Watching Who? **9** ☐

Exploring the North Cascades **10** ☐

Total Activities Completed ☐

ages 3 - 5
Pacific
Treefrog



**EXPLORATION OF THE
NATURAL WORLD**

ages 5 - 8
Black Bear



BIODIVERSITY

ages 8 - 11
Raven



**CULTURAL
AWARENESS**

ages 12+
Mountain
Goat



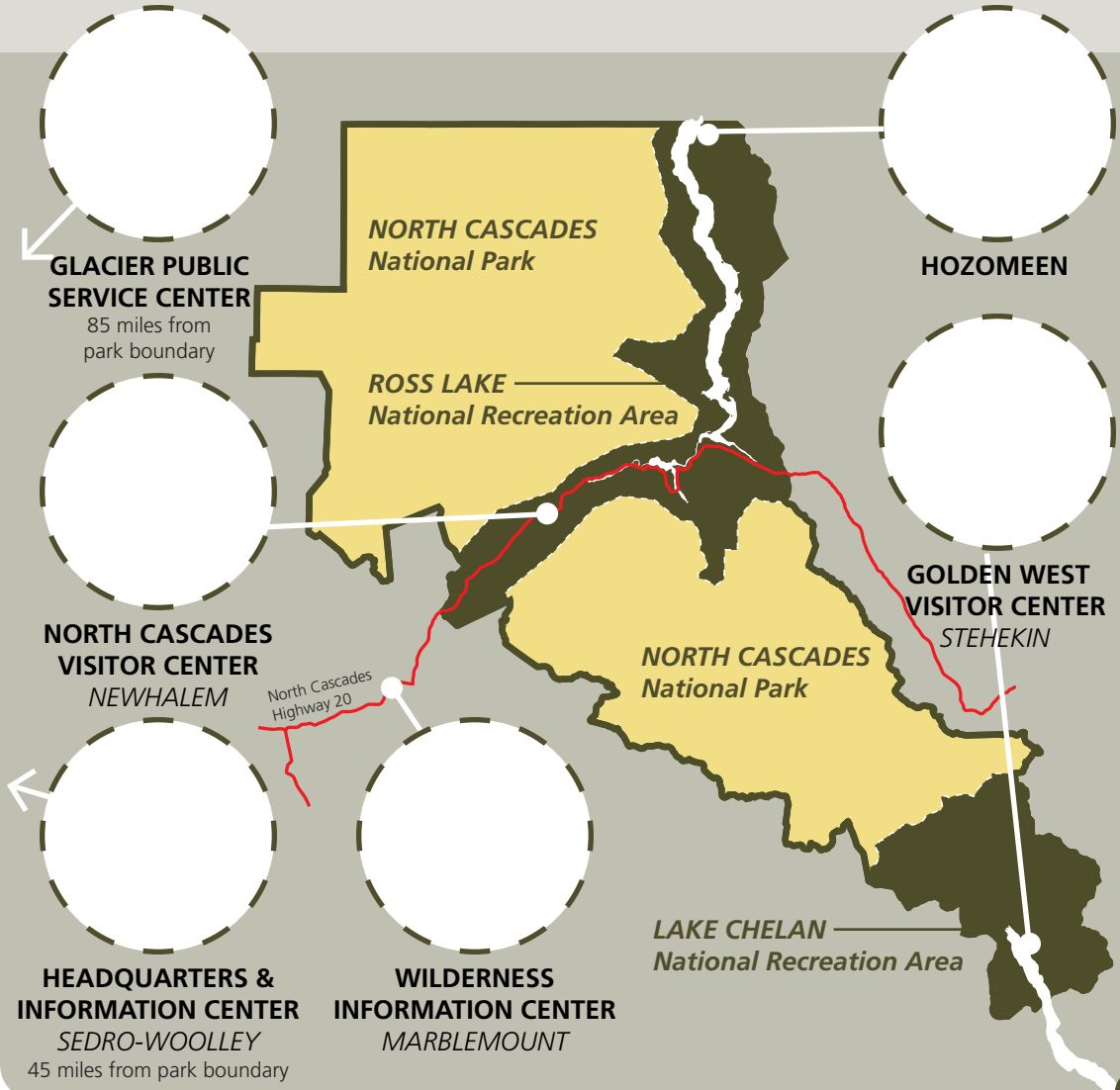
**PUBLIC LAND
STEWARDSHIP**



Hint: All instructions are in *italics* and marked by a star.

Where am I in North Cascades National Park?

North Cascades National Park is a special place for you to explore and enjoy! On the map below are the six information centers where you can get a Junior Ranger booklet. Each information center has a stamp to add to your booklet. *Mark the places you have visited in the park!*



Complete this LOCATION-SPECIFIC activity if you are visiting: Newhalem and North Cascades Highway

Newhalem is a community on the edge of the wilderness in the upper Skagit Valley. Native Americans lived in this place for thousands of years. With the arrival of homesteaders, loggers, and miners, the area changed, yet it has remained a place of natural beauty.

Choose **TWO** of the following places to explore.
Check the boxes beside each trail you visit:

Newhalem Area Trails:

- ☐ Rockshelter
- ☐ River Loop
- ☐ Sterling Munro

- ☐ Trail of the Cedars
- ☐ To Know a Tree

Overlook Areas:

- ☐ Gorge
- ☐ Diablo
- ☐ Ross

Colonial Creek Area Trails:

- ☐ Thunder Knob
- ☐ Thunder Woods

Seattle City Light Dams:

- ☐ Drive over Diablo Dam and walk across it.
- ☐ Hike down the Ross Dam Trail to walk across Ross Dam

HOZOMEEN

Ross Lake

Diablo Lake

NEWHALEM

North Cascades Highway
HWY 20

In the box, draw or describe something you found.



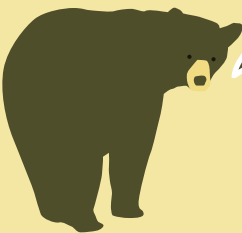
Complete this LOCATION-SPECIFIC activity if you are visiting:

Hozomeen and Ross Lake

Nature Knows No Borders!

Hozomeen is found at the northernmost end of Ross Lake. Hozomeen Mountain was named by Native Americans because of its jagged shape. The name Hozomeen means “sharp like a knife.” One part of Hozomeen is in Canada, and the other part is in the United States. Because Hozomeen is sandwiched between the wet western side of the North Cascades Mountains and the dry eastern side, you can find plants and animals from both sides of the mountains there.

Hozomeen is accessible by boat, foot, or vehicle on a 40-mile road from Hope, British Columbia. It is a gateway to some of the wildest places in North Cascades National Park.



Choose two of the following places to explore:

- ☐ The Obelisk Trail
- ☐ The Chittenden Meadows Trail
- ☐ Hozomeen Lake Trail
- ☐ The Lakeshore Trail

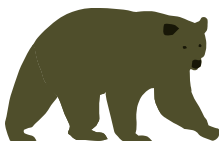
Draw something memorable from the two places you visit in the boxes below.

PLACE #1

PLACE #2

Stehekin and Lake Chelan

Choose two of the following places to explore, and then draw something memorable from your visit to Stehekin in the boxes below.



- ☐ Buckner Orchard
- ☐ Rainbow Falls
- ☐ Imus Creek Trail
- ☐ Lakeshore Trail

- ☐ High Bridge
- ☐ Agnes Gorge
- ☐ McKellar Cabin

PLACE #1

PLACE #2



Find out why North Cascades National Park is such a special place! *Attend a ranger program or interview a ranger.*

ACTIVITY

1

Learn about the North Cascades



#1 *Attend a Program*

Type of program:

Draw your favorite thing
about this program:

#2 *Interview a Ranger*

What is your job at North Cascades?

What do you like best about this
place?

Park Ranger signature: _____

ACTIVITY

2

Are YOU a Track Star?

Have you ever found animal tracks in the sand or mud? Tracks can help us understand what kinds of animals live in certain areas.



Can you discover who left these tracks behind? Write the name of each animal on the correct line below.

ANSWER KEY:



Black Bear



Cougar



Coyote



Raven



Beaver



1. _____



2. _____



3. _____



4. _____



5. _____

What is a beaver's adaptation to living both on land and in water?

Hint: study its tracks!

Now that you are a track star, go outside and count the number of tracks you find:

Total Tracks _____

10 NEW WORD! Many animals change over time in order to survive where they live. This change is called **adaptation**.

Legends have been told for thousands of years by Native Americans living in the North Cascades. These stories are passed down from generation to generation to share family histories and explain why things happen in nature.

ACTIVITY

3

A Legend of the North Cascades

How Douglas-Fir Saved the Day



*Ponderosa
Pine cone*



*Western Hemlock
cone*



*Douglas Fir
cone*



*Go outside and find 2 of the 3 cones pictured on this page.
Then answer the following questions.*

A LONG TIME AGO, in the ancient forest of the North Cascades, there was a great fire that spread to the farthest reaches of the forest. All of the animals scurried about in search of shelter from the fiery flames. The tiny plants scrunched low to the ground and the insects buzzed about in a frenzy!

A tiny deer mouse frantically scampered here and there but could not find a safe place to hide. A great, old Dougals-Fir tree noticed the frightened mouse and slowly bowed its trunk down until it nearly touched the ground and spoke to the mouse.

"Little mouse," said the Dougals-Fir tree, "Do not be afraid. I have thick, furrowed bark that has helped me survive many fires and will help protect me from the flames. Quick! Climb up my trunk and take refuge behind my tallest branches." So, the mouse began the long climb to the highest branches of the Dougals-Fir tree.

As the mouse climbed higher and higher, a sly, grey fox noticed it and exclaimed, "Why, I am the most intelligent creature in the forest. The Dougals-Fir tree should protect me from the fire before a tiny deer mouse." With that, the fox began to quickly make its way up the trunk of the Dougals-Fir tree, with brilliant, red flames following close behind.

Just before the mouse could scurry behind the branches to safety, the sly fox jumped over it and escaped the flames, which leapt up and touched the deer mouse ever so slightly on its tail and hind paws. If you look closely at a Dougals-Fir cone, you can still see the hind legs and tail of the tiny deer mouse peaking out from underneath each scale and the ears of the sly fox on the inside.

How are these cones alike?

How are these cones different?

NEW WORD! A **legend** is a story that has been told for many years and describes things that happened a long time ago.

ACTIVITY

4

Nature Detective Bingo



Go for a hike somewhere in the park and look for the items in the squares below. Each time you find one, draw a picture of it in the square. You can get bingo by finding three items in a row in any direction.

Remember to be respectful as you explore and to leave the places you visit the same way you found them.



NEW WORD! A **habitat** is an area where a plant or animal lives. Some plants and animals need to live in very specific habitats while others can live in different kinds of habitats. A Pacific Salmon can only live in cold, clear water. A Black Bear can live in both the forest or in a high mountain meadow. North Cascades has many diverse habitats.

Something **Beautiful**

Something **Green**

Something **Smooth**

Something **Prickly**

Something **Slimy**

Something with
Wings

Something You Can't
Find at Home

Something **Soft**

Something **Older** than
You

12

How many habitats did you explore to get bingo? _____


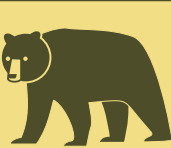

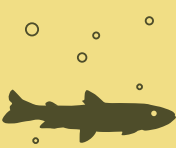




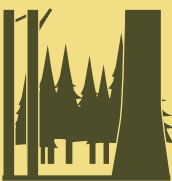




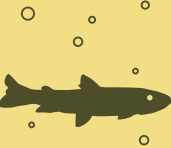

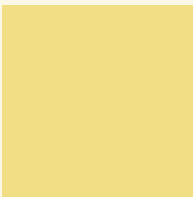

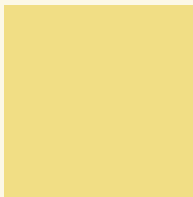


Animals need food and shelter to survive. *Match the animals in the center column with the food they need in the left column and their habitat in the right column. There may be more than one correct answer. Choose an animal, its food, and its habitat to draw in the blank boxes!*

ACTIVITY

5

Junior Ranger Matching

FOOD	ANIMAL	SHELTER
 Spider	 Black Bear	 City
 Fish	 Steller's Jay	 Sub-alpine meadow
 Flying Squirrel	 Human	 Forest
 Mayfly	 Spotted Owl	 River
 Pizza	 Fish	 Snag
 Draw Your Choice	 Draw Your Choice	 Draw Your Choice

ACTIVITY

6

Sounds of the North Cascades



The National Park Service works to protect natural sounds. *Find a place outside where you can sit quietly for 1-2 minutes. Record with words or pictures the sounds you hear from the natural world (animals, water, plants, wind, etc.) and the sounds you hear from the human world (sounds made by people and machines).*



Animals depend on their senses for survival. Have you ever watched a deer carefully? Deer use their large ears to listen for predators that may be hiding nearby.

Pretend you are a deer. You can create your own deer ears by cupping your hands behind your ears. Point your hands forwards to hear sounds in front of you. Cup your hands on the front of your ears and point them backwards to hear sounds behind you.

Natural Sounds

Human Sounds

How many different sounds did you hear?

Which sound was your favorite? Least favorite?



Many different plants and animals call North Cascades National Park their home. *Read the descriptions below. Then write the name of each plant or animal from the answer key in the correct box.*

ACTIVITY

7

Who am I?

Answer Key:

Western Redcedar, River Otter, Douglas Squirrel, Swallowtail Butterfly, Steller's Jay



I spend part of my life crawling on the ground and eating leaves. When I grow up, I become very colorful and fly from flower to flower in search of nectar. I visit the North Cascades every spring and summer.

I am a: _____



I am a mammal that likes to scold hikers on the trail by making a loud chattering call. I eat seeds from Douglas-Fir cones.

I am a: _____



I provided Native Americans who lived here for thousands of years with materials to make clothing, diapers, shelter, rope, and much, much more.

I am a: _____



I live in the forest and have black and bright blue feathers. I make loud screeching sounds and eat nuts, seeds, and berries.

I am a: _____



I am a mammal, and I spend time on land and in water. I love to eat fish and to play with others of my kind. I am an excellent swimmer and use my tail as a rudder. I can stay underwater for up to four minutes!

I am a: _____

ACTIVITY

8

Junior Ranger Word Search

Help the Black Bear find its neighbors in the North Cascades community. Everything in nature is connected, just like the letters in this word search. You will find words spelled forwards and backwards, horizontally, vertically, and diagonally.



Find and circle the animals' names that are in **BOLD** and circle the matching picture below.



LOOK FOR:

1. Rattle**SNAKE**
2. Black **BEAR**
3. Pacific **SALMON**
4. Big Brown **BAT**
5. Spotted **OWL**
6. Western Swallowtail **BUTTERFLY**
7. Park **RANGER**
8. American **PIKA**
9. Pacific Tree**FROG**
10. Mountain **GOAT**

E	M	P	B	G	H	T	E	W	G	S	K
O	H	R	Q	V	Z	K	B	O	L	B	P
J	K	F	Y	T	X	Y	U	V	F	E	N
R	J	I	O	W	L	S	T	K	L	A	X
Z	R	S	X	T	I	W	T	Q	F	R	N
F	J	N	N	V	P	L	E	R	F	Y	O
M	D	O	L	A	V	W	R	Y	R	B	R
B	X	M	P	K	K	Y	F	P	O	E	X
A	P	L	P	W	W	E	L	F	G	O	M
T	I	A	B	T	H	P	Y	N	Y	I	I
J	K	S	P	L	G	O	A	T	D	U	W
B	A	K	B	W	J	R	Q	P	K	J	R



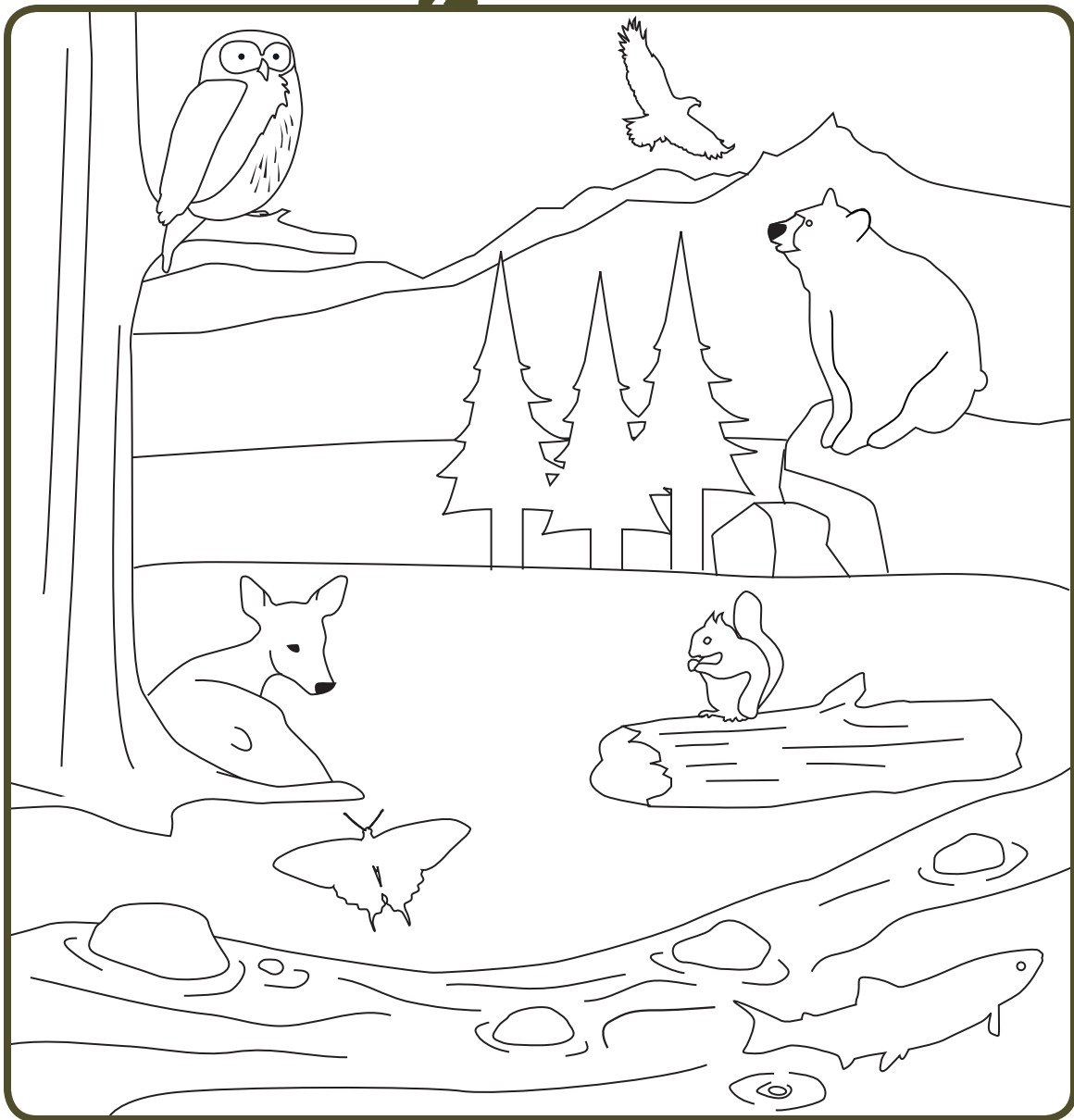
Color in this forest habitat. Then find and circle the animals who live there!



ACTIVITY

9

Who's Watching Who?



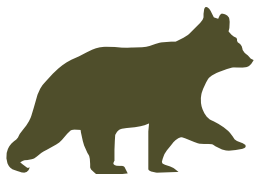
Do any of these animals live near your home?

ACTIVITY

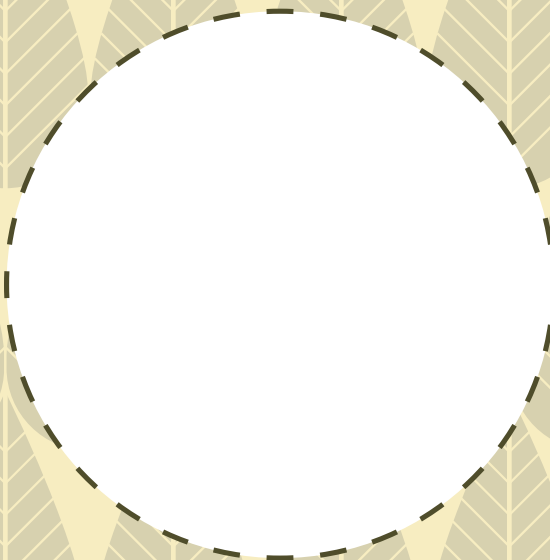
10

Exploring the North Cascades

North Cascades National Park is the second most biodiverse national park in the country. Over 1600 species of plants can be found here!



For this activity, find two plants that are very different. Study the plants closely. Draw a picture of each plant in the circles below and give the plant your own name. Then try to find the names biologists have given each plant by asking a ranger or looking in a field guide. Please be sure to leave the plant where it is growing.



write name here

PLANT #1



write name here

PLANT #2

AS AN OFFICIAL JUNIOR RANGER I PLEDGE TO:

- Continue learning about North Cascades National Park.
- Get to know the plants and animals in my community.
- Share what I learned with my friends and family.

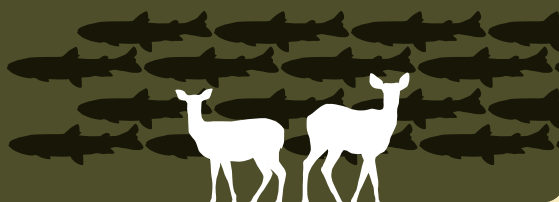


Junior Ranger

Date

Park Ranger

Date





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